



Aalborg Universitet

AALBORG UNIVERSITY
DENMARK

HEALTH POLICY INTERVENTION IN SCHOOLS PROMOTE PHYSICAL ACTIVITIES AMONG THE PUPILS

He, Chen; Mikkelsen, Bent Egberg

Publication date:
2009

Document Version
Publisher's PDF, also known as Version of record

[Link to publication from Aalborg University](#)

Citation for published version (APA):
He, C., & Mikkelsen, B. E. (2009). *HEALTH POLICY INTERVENTION IN SCHOOLS PROMOTE PHYSICAL ACTIVITIES AMONG THE PUPILS*. Abstract from 2009 annual conference of the ISBNPA, Lisabon, Portugal.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- ? Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- ? You may not further distribute the material or use it for any profit-making activity or commercial gain
- ? You may freely distribute the URL identifying the publication in the public portal ?

Take down policy

If you believe that this document breaches copyright please contact us at vbn@aub.aau.dk providing details, and we will remove access to the work immediately and investigate your claim.

Abstract Submission for ISBNPA 2009 Annual Meeting

**HEALTH POLICY INTERVENTION IN SCHOOLS PROMOTE PHYSICAL ACTIVITIES
AMONG THE PUPILS**

Chen He & Bent Egberg Mikkelsen

Abstract

Now, more than ever, there are serious health concerns for obese and overweight children. Schools are the perfect setting for children to learn, and this influence can play an important role in preventing children from becoming obese and overweight. The study concerns the behaviors of Health Promoting School (HPS) according to a broad definition of HPS in World Health Organization (WHO), or dependent on schools own health promoting policies. The purpose of study research is to examine whether promoting physical activity among the children at schools in relation to a school health policy such as Food and Nutrition Policy (FNP). This was determined through the comparisons between the FNP based schools and non policy based schools. The study undertook surveys among school food coordinators in the selected Danish primary schools through a web-based questionnaire. The questions in the survey were more focused on physical activity in internal and external school environment. Schools provide an environment and facilities with education for pupils to learn and practice physical activity. This is an effective way to help children build an active physical lifestyle, which has a better likelihood of continuing into adulthood. The data shows the relations regarding the promoting physical activities among the pupils between different types of schools. Results indicate that health policy intervention can be effective in improving the physical activities and preventing the development of obesity and overweight issues among the children in schools.

Keywords: FNP, HPS, physical activity, school.